



## **DURING A POWER OUTAGE: STEPS TO TAKE TO STAY SAFE FROM THE HEAT**

### **1. Monitor your health**

- Your body keeps itself cool by letting heat escape through the skin and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness.
- Anyone can be susceptible to heat-related illness. Those at greatest risk are children under 4, adults over 65, people who are overweight, and people who are ill or on certain medications. Heat-related illness may be serious or even deadly if unattended.
- Protect yourself by making sure you are drinking enough water and limiting your exposure to the heat.
- Dress for the heat. Wear lightweight, light-colored clothing.

### **2. Check on your neighbors for signs of heat exhaustion**

- Offer water or calling for assistance.
- If they are showing [signs of heat stroke](#) (vomiting, confusion, high body temperature, red/dry skin, rapid weak pulse, rapid shallow breathing), **call 9-1-1, this is a life threatening emergency.**

### **3. Food Safety: Keep cold foods cold**

- Closed freezers usually keep food frozen for at least 1 day, up to 3 days.
- A refrigerator is less able to keep foods cold.
- If power remains off, wrap frozen items in blankets or newspapers, pack in boxes, and move to a chest freezer or friend's freezer.
- Discard the food if it may have been held above 41<sup>0</sup>F for more than 4 hours.

### **4. Stay informed**

- Follow SRP on face book or twitter to receive additional updates posted on [SRP's Facebook page](#) and [SRP's Twitter page](#)
- Follow APS Outage Center on [APS's Twitter Page](#)
- Visit the Arizona Emergency Network for up to date information at [www.AzEIN.gov](http://www.AzEIN.gov).
- Follow ADHS updates posted at [ADHS' twitter page](#) and [ADHS' facebook page](#).
- Contact your [county health department](#) or your city/town to find out where shelters, water and cooling stations are located.

### **5. Notify your power company if you have special health care needs**

- Many power companies have programs for customers who are dependent on life sustaining medical equipment.
- Programs at SRP and APS help customers make plans for when an outage occurs and notifies them in advance when there will be a planned outage in their home.
- The qualifying life support devices may include (depending upon the service provider), but are not limited to:
  - Kidney, Hemodialysis and Peritoneal dialysis equipment
  - Ventilators and oximeters
  - Feeding or infusion pumps
  - Suction machines
  - Oxygen concentrators - continuous use only
- For SRP customers: call 602-236-8888 to request a medical packet.
- For APS customers: call the Medical Care Preparedness Representative at (602) 371-6884 or at (800) 253-9405 ext 6884.
- Customers of other utilities might want to contact their customer service office.
- ADHS recommends seeking temporary shelter if you use life-support equipment and your power is interrupted. This will assure your medical needs will be met until the power is restored.

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